



September 2014 Weekly Meal Ideas

Dinners

Vegans and Vegetarians – There is a section for you, but look at all sections.
There is most likely a substitute I can use to make you a similar meal.
Paleo and Low Carb Substitutions available

Poultry

- Chicken with a Brick with Lemon, Rosemary and Garlic with Roasted Fingerling Potatoes, Carrots and Shallots
- Prosciutto and Sage Wrapped Chicken Breast in Pinor Grigio Sauce with Eggplant, Raisin and Pine Nut salad
- Chicken, Mushrooms, Peppers and Swiss Chard with Farfalle in Marsala Sauce
- Turkey meatloaf with Gravy with Glazed Root Vegetables and Sour Cream and Chive mashed Potatoes
- Southwest Breaded Chicken Cobb salad with Black Beans, Cheddar, Tomatoes and Corn over Romaine with Creamy Cilantro Greek Yogurt Dressing
- Lemon Turkey Scaloppini with Asparagus over Linguini
- New Orleans Red Beans and Rice with Chicken Andouille Sausage
- Yakisoba Chicken with Carrots, Cabbage and Soba Noodles
- Grilled Chicken, Apple and Brie Salad over Butter Lettuce Greens with Champagne Vinaigrette

Beef

- Beef Tenderloin with Lemon Horseradish with Potato, Pepper and Asparagus Sauté
- Cherry and Brie Burgers with Rosemary and Caramelized Onions with Roasted Potato Wedges
- Meatball, Zucchini, Peppers, Carrots Pasta e Fagioli
- Sloppy Joes with Sesame Buns and Pineapple Cole Slaw
- Citrus and Cumin Marinated Flank Steak with Broccoli, Carrot, Pepper and Rice Salad with Orange Dressing
- Sliced Sirloin Steak, Cucumber, Tomato, Pepper and Crouton Italian Salad over Romaine with Oregano Red Wine Vinaigrette
- Strip Steak with Ponzu Dipping sauce with Sesame Green Beans and Rice
- Honey Garlic Meatballs over Mashed Potatoes with Summer Squash and Peppers



Pork

- Pork Tenderloin with Prune and Ancho Chili Sauce with Roasted New Potatoes with Poblanos and Green Onions
- Pork Chops with Goat Cheese, Raisin and Walnut Stuffed Cinnamon Apples
- Ham, Cannellini Bean, Carrot, Celery and Onion Soup with Sage and Thyme
- Pork Tenderloin Medallions with Apple and Cabbage Slaw and Mashed Sweet Potatoes
- Breakfast for dinner – Lemon Ricotta Pancakes with Cherry Compote and Sausage
- Pizza Lasagna with Pepperoni, Mushrooms and Green Pepper

Lamb

- Lamb Chop with Rosemary, Lemon and Garlic with Fingerling Potatoes and Ratatouille
- Moussaka Lasagna with Ground Lamb, Eggplant and Peppers Topped with Greyere in Béchamel Sauce
- Mediterranean Burger with Eggplant and Tomato topping with Lemon Potatoes

Seafood

- Halibut with Marsala Mushroom Duxelle with Rice
- Squid, White bean, Arugula and Cherry Tomato Soup
- Spicy Italian Tuna, Olive, Garlic and Rapini over Spaghetti
- Soy and Agave Glazed Salmon with broccoli, Carrot and Red Onion Sauté over Brown Rice
- Crab Mac & Cheese with Peas
- Shrimp in Vodka Sauce with Penne with Zucchini
- Warm Salmon Salad with Crispy Potatoes over Fresh Spinach with Lemon Hazelnut Dressing
- Salmon cakes with Cranberry Greek Yogurt with Julienned carrots and Summer Squash

Vegetarian

- Roasted Tofu with Brussel Sprouts, Garlic and Chili Flakes
- Glazed Tofu and Sliced Portabello Salad with Scallions, Tomato and Bean Sprouts



- Lentil and Spinach Burgers with Cranberry Mustard with Roasted Sweet Potato Cubes
- Loaded Sweet Potatoes with Black Bean Chili
- Creamy Pumpkin and Cashew Curry over Basmati Rice
- Spaghetti with Braised Kale and Parmesan, Garlic and Lemon
- Pan Seared Mushrooms, Peppers and Swiss Chard with Farfalle in Marsala sauce
- Cannellini Bean, Tomato and Cabbage Soup
- Spinach Pasta Alfredo with Mushrooms

Side Salads

Seasonal Salads –

- **Most dressings can be made oil free if requested**
- **If you ever want a large batch of a summer salad for a picnic just add \$50 to your order**
- **One Salad is included in all orders. Extra salads at \$50 each**
- **Feel free to add a protein to a salad to make it a full meal choice**
- Pear, Candied Pecan and Blue Cheese Crumbles over Greens with Lemon Vinaigrette
- Apple, Arugula, Shallots and Candied Pecans with Apple Cider Vinaigrette

- Spinach Salad with Hard Boiled Eggs, Mushrooms and Hot Bacon Dressing

- Cucumber, Pepper and Red Onion Italian Salad

- Apple, Craisins, and Sun Flower Seeds with Romaine Lettuce with Pomegranate Vinaigrette

- Roasted beet, Goat Cheese and Candied Walnut Salad over Baby Greens

- Fennel, Orange and Pomegranate Salad

Always Available Salads

- Greek Salad with Tomatoes, Olives, and Feta over Romaine with Red Wine Vinaigrette
- Cesar salad
- Grape Tomatoes, Shredded Carrots, Cucumber Slices over Romaine with your favorite dressing